

A hand is shown with blue paint splatters around it, set against a white background. The hand is positioned centrally, with fingers spread. The paint splatters are in various shades of blue and white, creating a dynamic, artistic effect.

# How to be a Handwashing Superstar!

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**Get ready**

**Wash**

**Check & Dry**

# How to Wash Your Hands

Sleeves      Water      Soap



A sequence of three photographs showing the initial steps of handwashing. The first photo shows a person rolling up their red sleeve. The second photo shows the person's hands under a running faucet. The third photo shows the person dispensing soap from a bottle onto their hands. Yellow arrows connect the photos from left to right.

## Sing Happy Birthday...



1. palms



2. backs of hands



3. between fingers

## Sing Happy Birthday again!



4. backs of fingers



5. thumbs



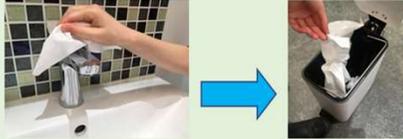
6. nails

Look for Dirt      Rinse off Soap      Dry well!



A sequence of three photographs showing the final steps of handwashing. The first photo shows a person looking at their hands with a cartoon face with large eyes. The second photo shows the person rinsing their hands under a running faucet. The third photo shows the person drying their hands with a paper towel. Blue arrows connect the photos from left to right.

Turn Off Tap with Tissue      Put Tissue in Bin 😊



A sequence of two photographs showing the final disposal steps. The first photo shows a person using a paper towel to turn off the faucet. The second photo shows the person putting the used paper towel into a trash bin. A blue arrow connects the two photos.

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**Get ready**

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# Get ready...

Sleeves



Water



Soap



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**Wash**

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# 1. Palms



## 2. Backs of hands



### 3. Between fingers



## 4. Backs of fingers



# 5. Thumbs



## 6. Nails



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**Check & Dry**

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# Look for Dirt



# Rinse off Soap



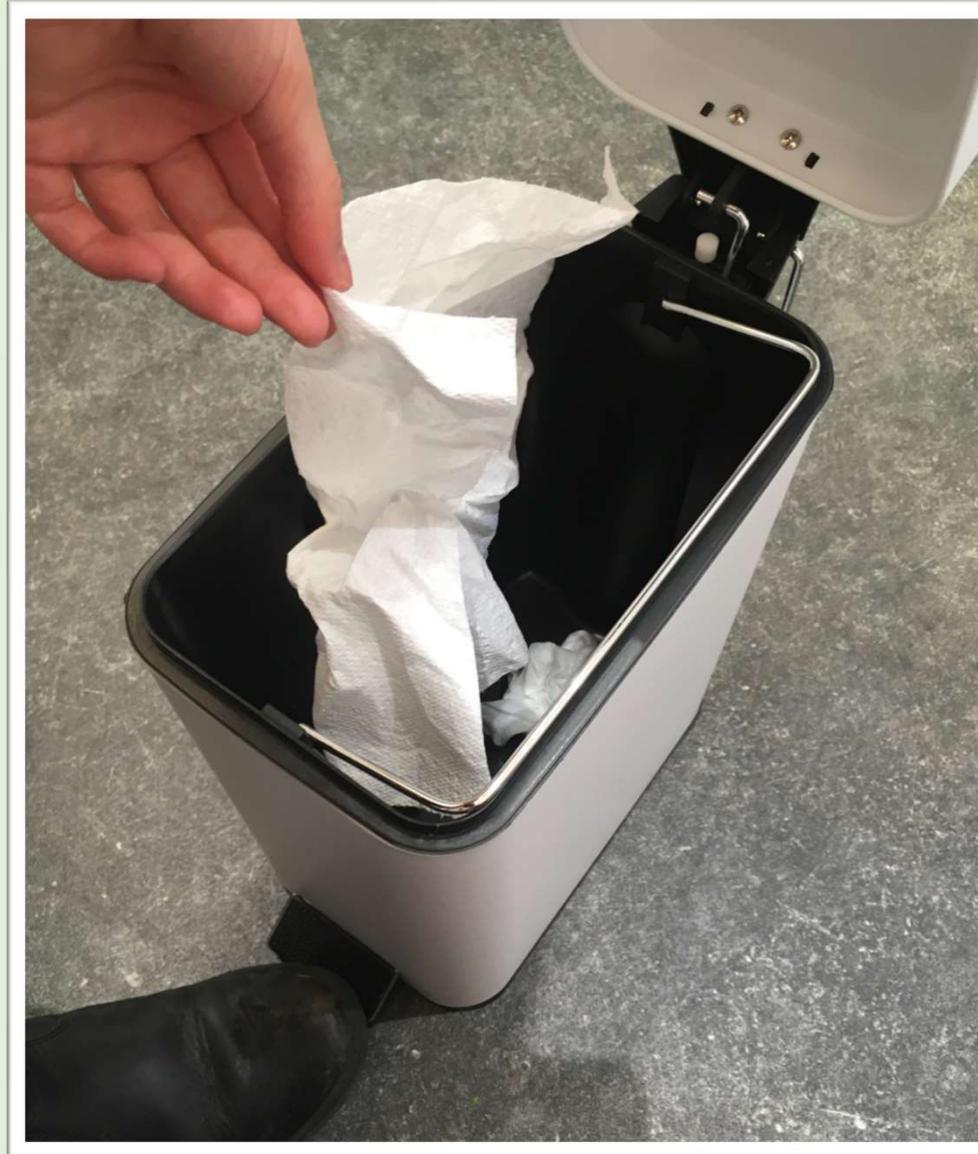
# Dry well!



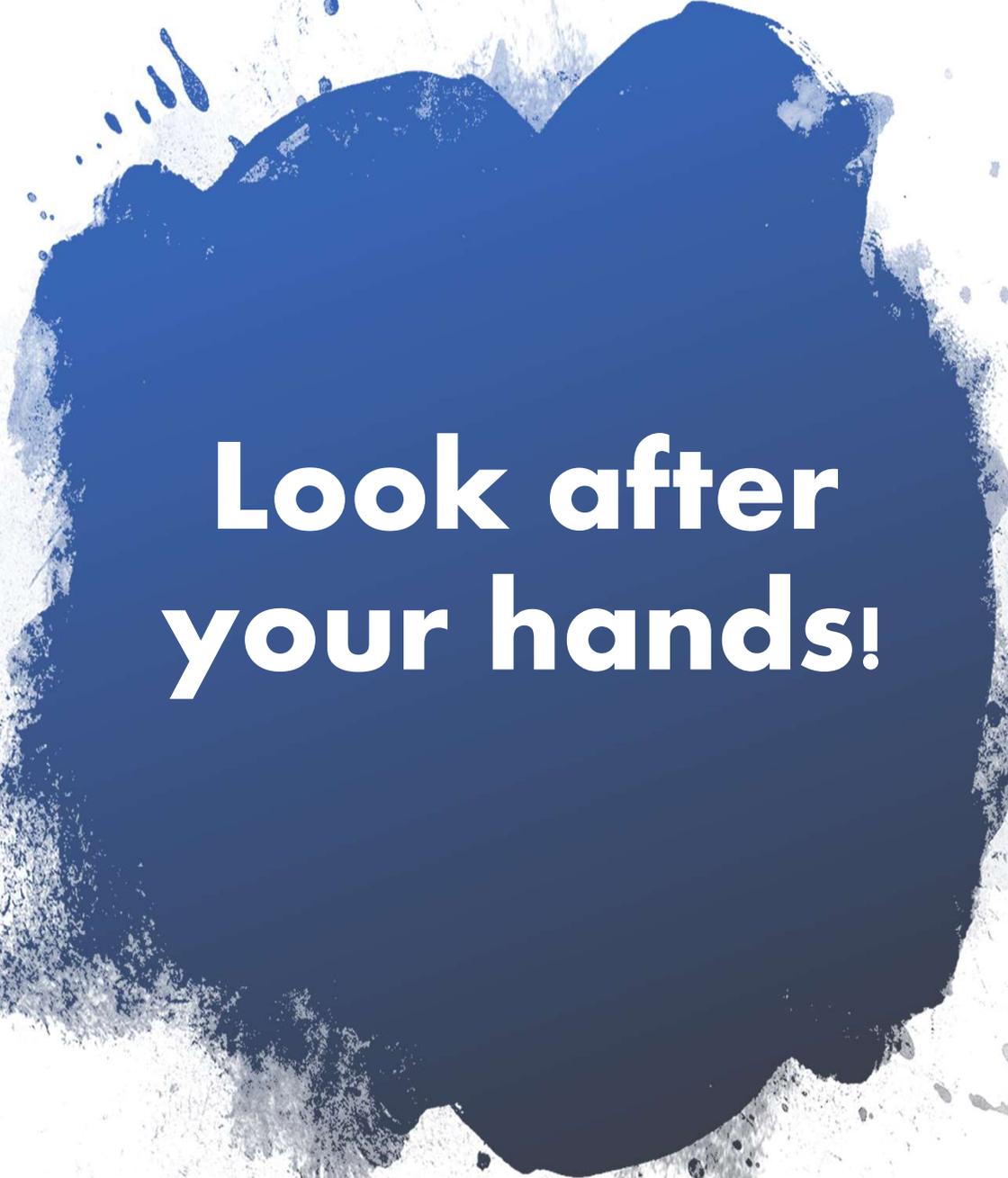
# Turn off Tap with Tissue



# Put Tissue in Bin 😊



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**Look after  
your hands!**

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***Dry your hands well!***  
Patting dry is kinder to skin than rubbing dry



***Soap and water***  
is better for skin than hand gel



***Red and sore hands?***  
***Tell an adult*** and  
***use moisturiser***



***Moisturise***  
your hands at night

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**Your turn!**

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# How to Wash Your Hands

Sleeves      Water      Soap



A sequence of three photographs showing the initial steps of handwashing. The first photo shows a person rolling up their sleeve. The second photo shows hands being washed under running water from a tap. The third photo shows hands being dispensed with soap from a bottle.

## Sing Happy Birthday...



1. palms



2. backs of hands



3. between fingers

## Sing Happy Birthday again!



4. backs of fingers



5. thumbs



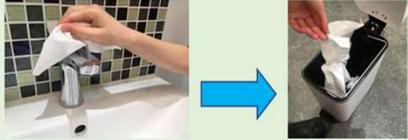
6. nails

Look for Dirt      Rinse off Soap      Dry well!



A sequence of three photographs showing the final steps of handwashing. The first photo shows hands being inspected for dirt with cartoon eyes. The second photo shows hands being rinsed under running water. The third photo shows hands being dried with a paper towel.

Turn Off Tap with Tissue      Put Tissue in Bin 😊



A sequence of two photographs showing the final steps of handwashing. The first photo shows a hand using a tissue to turn off the tap. The second photo shows the used tissue being placed into a bin.

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